

CRUMBS 'N GRUMBLES

Tales of a Preschool

Little Hamster Feels Anxious



Written & Illustrated by Jamie Holland

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About This Book

The Crumbs N' Grumbles "Emotions" series is a fun tool to help children develop their emotional intelligence and vocabulary by guiding toddlers and preschoolers through feelings they experience every day with simply illustrated comic stories they can relate to and enjoy.

How To Read This Comic:

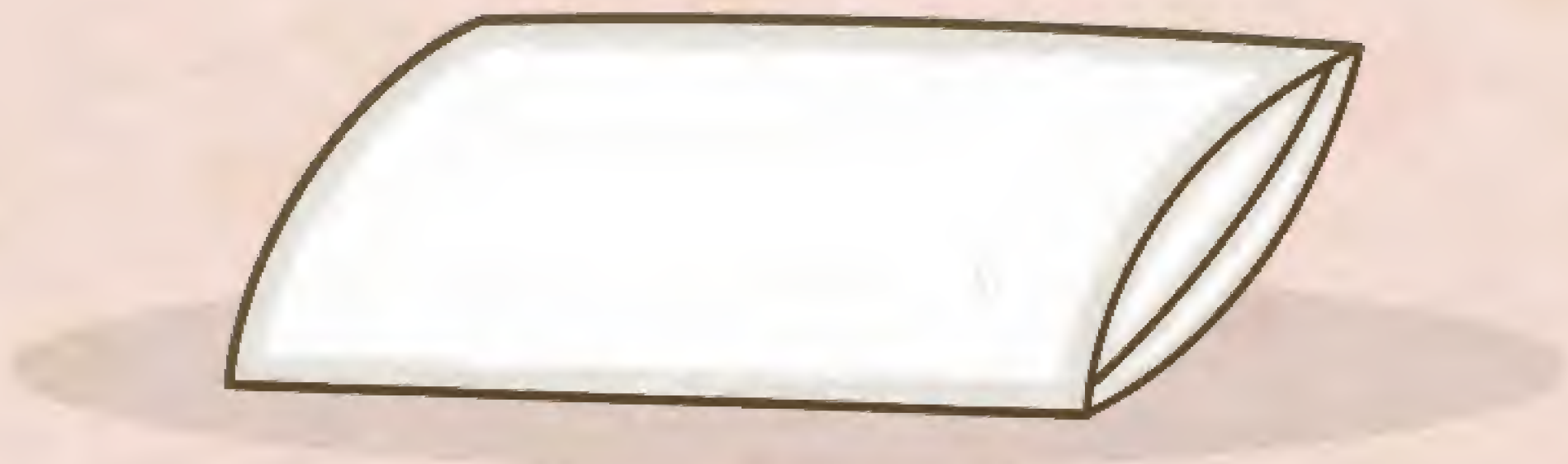
THE YELLOW BOX IS THE NARRATIVE BOX. IN THIS COMIC IT IS THE GROWN-UP'S VOICE TALKING TO THE CHARACTER.

The speech bubble is the character's voice. In this comic the character is talking to the narrator.



THE PINK BOX IS A DIFFERENT NARRATIVE BOX. IN THIS BOX THE NARRATOR IS TALKING TO THE READER.

LITTLE HAMSTER FEELS ANXIOUS



VOCABULARY



Independent

Dependent

Confident

Anxious

Healthy



IT'S TIME FOR BED. LIGHTS OUT NOW.

Please, don't turn
the lights off.

CAN YOU TELL ME WHY YOU'RE OUT OF BED?



I'M JUST IN MY ROOM. I'M NOT FAR.



I wanna sleep with you.

WE BOTH NEED SLEEP. AND WE NEED TO SLEEP
IN OUR OWN BEDS TO GET HEALTHY SLEEP.


DO YOU KNOW WHAT YOU ARE FEELING IS CALLED?



What?

YOU ARE FEELING DEPENDANT AND THAT MAKES YOU FEEL ANXIOUS. THAT MEANS YOU ARE NOT FEELING CONFIDENT BY YOURSELF AND THAT MAKES YOU FEEL KIND OF SCARED, BUT I KNOW THAT YOU HAVE BEEN INDEPENDENT AND CONFIDENT ALL DAY.

AND I KNOW THAT YOU CAN BE INDEPENDENT AND CONFIDENT AT BEDTIME TOO.



TRY NOT TO FEEL TOO ANXIOUS.
JUST REMEMBER THAT YOU ARE SAFE,
I'M NEARBY AND EVERYTHING IS OKAY.

WHAT CAN WE DO? SOME CALMING MUSIC AND
YOUR NIGHT LIGHT COULD HELP FOR NOW.

THEN MAYBE WE CAN KEEP EXPLORING WHAT
MIGHT HELP YOU FEEL BETTER AT BEDTIME.
WOULD THAT BE A GOOD IDEA?

...yeah...

S000, GOOD NIGHT? SEE YOU IN THE MORNING?

Okay. Good night.
See you in the morning.
I love you.

GOOD NIGHT, LITTLE HAMSTER. I LOVE YOU.



LITTLE HAMSTER FEELS ANXIOUS ABOUT SLEEPING BY HERSELF, BUT SHE LEARNED THAT SHE CAN FIND WAYS TO FEEL BETTER ABOUT BEDTIME.



TIPS FOR GROWN-UPS

Help your little one develop their emotional intelligence by reviewing the vocabulary words after the story.

Discuss the vocabulary words in context as opportunities occur.

Use the characters as examples and models when talking through tough situations.

A Note From The Author.

ABOUT THE CHARACTERS

Outfits with cute animal hoods in the Kawaii art style are fairly typical. When I was designing my characters, however, I had two goals beyond the art style:

I wanted the characters to be something parents and children could identify with and that's why I chose to design them in feetie pajamas. So many times have I heard from parents and grandparents, with children of all ages, oh how much they wish their children could just stay in those feetie pajamas forever. I empathize.

My other goal with designing the characters was inspired by my daughter's expert pretending skills. Every moment of every day, by herself or with her friends, she's pretending to be something or someone. The conundrum is what are they pretending to be? They are pretending to be the totally awesome whosawhatsits from the totally exciting *insert media or toy collection here*. Why wouldn't you? The production value is excellent. Go for it, but what would my child do if the character she was pretending to be was a blank slate? That was the first concept that inspired me to make these books and characters. I hope children enjoy the stories, benefit from relating to them and learning the vocabulary words, but more than anything I would be so thrilled to see children improvise more with their pretend because they are pretending to be one these characters that have no prescribed personality. Their pretend would be all them. That is my greatest ambition for these books.

-Jamie Holland

What can
Little
Hamster
do to
feel better
about
bedtime?

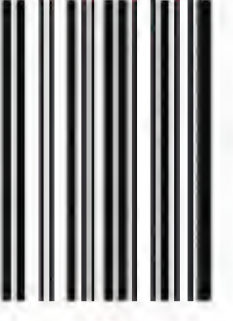


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